World pg 4

Does Avatar hold old views on race?

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VANCOUVER • TUESDAY, JANUARY 12, 2010 metronews.ca

Rihanna pleads for sick athlete

Celebrity Buzz pg 14

Langley toddler in hospital after fall from window

AIRLIFT A one-year-old Langley boy was airlifted to hospital yesterday with non-life-threatening injuries after falling from a second-storey window.

The boy's mother had left a window open to "air out" the room as she cleaned their townhouse on 88th Avenue when the boy leaned against a screen that became loose and fell 4.5 metres (15 feet) to the pavement below.

B.C. Ambulance Service called in a helicopter and the boy was transported to Children's Hospital with head injuries. Police are calling it an unfortunate accident.

STIG NIELSEN/ FOR METRO VANCOUVER

Month to go ... where's snow?

Officials unfazed as rain closes Cypress Mountain Olympics venue

VANCOUVER 2010 Games

GREG DOWNS
for Metro Vancouver

With one month to go before the Vancouver Olympics today, heavy rain shut down Cypress Mountain — home of freestyle skiing and snowboarding.

The wet stuff was even coming down at the very top where organizers stockpiled snow for emergencies.

Kent Rideout, snow school director for Cypress Mountain said it's not yet time to panic.

"The base at the bottom is getting pretty thin right now," Rideout said. "What we are telling people is to get through the storm and see what the impact on the mountain is, then see what the plan would be to get the mountain back going again."

VANOC is also unfazed as vice-president of sports Tim Gayda said they prepared by stockpiling both natural and artificial snow when the temperatures were colder, starting in the fall.

"In terms of (the stockpiles) cubic metres it would be in thousands," he said, adding they wouldn't move the snow for at least another week.

5C The temperature late yesterday morning at Cypress Bowl, according to Environment Canada.

"The more we can leave it untouched, the more it's naturally insulated and protected," Gayda said. "We want to keep it up high as long as we can. We're protecting our fortunes as long as we can."

If needed, other parts of the Mountain will be shut down and snow from public areas would be used to maintain the Olympic runs.

A decision on that is expected tomorrow.

This would mean that Cypress Mountain would remain closed off to recreational use until after the Olympics. The original plan was to shut it down Feb. 1.

"The success of the Games is the priority, and we'll co-operate with VANOC in whatever they need to do to make the Games successful," said Rideout.

According to Environment Canada meteorologist John McIntyre another warm front is coming in Thursday, before it cools down again on the weekend.

"It's too early to know what the weather will be like in a month when the Olympics start," McIntyre said.

Last year, soft snow conditions and warm temperatures were partly responsible for the cancellation of a men's and women's World Cup snowboard event at Cypress on Feb. 15.

LES BAZSO/THE CANADIAN PRESS

Michelle Lang's parents Art and Sandra Lang, bottom right, listen as their son Cameron Lang speaks during funeral services in Vancouver yesterday. Lang, a journalist with the Calgary Herald, and four Canadian soldiers were killed when the armoured vehicle they were in hit an improvised explosive device in Afghanistan on Dec. 30.

Family, friends remember Afghan war reporter

KRISTEN THOMPSON
kristen.thompson@metronews.ca

FUNERAL "We remember her as our baby."

So began Art Lang's short but poignant eulogy for his daughter Michelle Lang, a Calgary Herald reporter and native Vancouverite who was one of four Canadians killed by a roadside bomb in Afghanistan on Dec. 30.

"Michelle was always interested in (Afghanistan)," Art Lang said at her funeral at the Italian Cultural Centre, which was attended yesterday by as many as 500 people.

"(She) was there to tell us about what was happening in that fractured country."

The 34-year-old's flag-draped casket sat at the front of the auditorium while a slideshow of her life played on a screen.

Friends remembered how she hitchhiked to her first shift at the Regina Leader-Post because her car broke down in the snow, and how she accidentally drove backwards through a Tim Hortons drive-thru.

Michael Louie, Lang's fiancé, said it's the "simple everyday" things he'll miss, remembering the kiss he gave her every morning — while she was still asleep — before he left for work.

"Right now, somehow, all of this still remains unreal to me," he said. "On Jan. 23, a small part of me will still wonder if she'll be at the airport waiting for me to pick her up."

Lang's brother, Cameron, said it was her stubborn courage that led her to Afghanistan.

"Maybe if I'd tried just a little harder to convince her not to go, she would have stayed," he said.

"But it's precisely what we loved her for that led her to that convoy in Kandahar. She died doing what she loves and we should take solace in that."

Art Lang lamented the fact that Michelle will not be here to see the "renaissance" of that country.

"But let's hope there will be that outcome," he said. "That will be a tribute to her so that her death, and so many other deaths, will not have been in vain."

News on the Move

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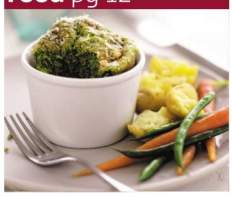
Food pg 12



Perfectly puffed soufflé

Vancouver **Games**

Countdown to 2010

Follow Metro as we bring you daily coverage leading up to the 2010 Winter Olympics in Vancouver.
• Today — Doughty heating up on the ice, page 10

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Local

Restaurants shape up for Olympics

An inspection blitz that began in early summer and wraps up at the end of January ensures that all 7,000 restaurants within the Vancouver Coastal Health region will be Games ready, the organization said yesterday. Up-to-date inspection reports will ensure that every restaurant complies with provincial food health regulations.

METRO VANCOUVER

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Man shot by Mountie dies

HOSPITAL A man who was shot by an RCMP officer Saturday in Deep Cove has died in hospital — only hours after he was released from police custody and after police stated that the man's injuries were not a threat to his life.

Matthew John Wilcox, 39, died at 8:13 p.m. Sunday while recovering from surgery. A day earlier, at roughly 2:30 p.m., he was shot in the torso after he was pulled over by an RCMP officer.

An autopsy will determine whether he died as a result of the shooting or from another cause.

METRO VANCOUVER

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'East Van' monument rises

Sign one of many artworks to be unveiled in coming weeks

JEFF HODSON
jeff.hodson@metronews.ca

A massive 17-metre sign with the words "Van" and "East" crossed through the letter A was erected yesterday on a promontory in East Vancouver near the VCC SkyTrain Terminal.

When the sign is lit — likely at dusk tonight — it will be visible throughout the Downtown and from as far away as North Vancouver.

Vancouver artist Ken Lum's Monument For East Vancouver is one of the major works commissioned through the city's $6-million Olympic and Paralympic Public Art Program.

Rich Newirth, Vancouver's acting managing director of cultural services, predicted the piece would become an icon in the city.

"This is one of the public artworks that people want to see when they come here."

The piece, which is located on Clark Drive at Sixth Avenue, will be lit with LED lights from dusk to dawn.

It is one of several major pieces that will be unveiled in the next few weeks.

Newirth expects some people will have a negative reaction to the piece at first, but said it's expected and welcomed.

"If it doesn't evoke response, then you're not really succeeding."

JEFF HODSON/METRO VANCOUVER

Workers install Ken Lum's Monument For East Vancouver at Clark Drive and Sixth Avenue yesterday.

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Cold, diet killed giraffe, necropsy finds

LANGLEY One of two giraffes that died at a Langley animal sanctuary last month succumbed to a combination of cold and an inappropriate diet, according to the necropsy, which was made public yesterday.

The adult Masai giraffe died at the Mountain View Conservation and Breeding Centre during a cold snap in early December.

Necropsy results on a six-week-old giraffe that died at the centre a few days later have not been released.

"It's outrageous that tropical animals died in an unheated barn in freezing temperatures."
Peter Fricker, VHS

"It's outrageous that tropical animals died in an unheated barn in freezing temperatures," said Peter Fricker, a spokesperson for the Vancouver Humane Society.

"Mountain View only installed heat under orders from the B.C. SPCA after the giraffes were dead. Their callous excuse that heat hadn't been an issue before is unacceptable."

In the meantime, the B.C. SPCA is investigating whether animal cruelty charges should be laid.

METRO VANCOUVER

News in brief

SHELTER Vancouver's sixth emergency homeless shelter is set to open on Cardero Street today. It will offer 40 beds, bringing the total number of spaces available in the city to 460.

DEATH A 76-year-old woman is dead after burning to death in her Victoria-area seniors' home, cknw.com reports.

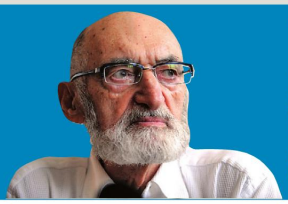
CPR Ten-thousand Olympic volunteers are receiving self-help kits from the B.C. Heart and Stroke Foundation to learn CPR using a DVD and a blow-up torso.

METRO NEWS SERVICES

N.B. man guilty of obstruction in fatal snowmobile crash

A New Brunswick man has pleaded guilty to three counts of obstruction following an RCMP investigation into a snowmobile crash that killed his wife. Ross Veniot, 46, of Bathurst received a fine of $3,450 and 12 months of probation. THE CANADIAN PRESS

Canada



Two more resign from Order

A total of five recipients of the Order of Canada have officially resigned their awards as protest over pro-choice crusader Dr. Henry Morgentaler, left, receiving his on July 1, 2008. Three resignations were accepted this past June by Gov.- Gen. Michaëlle Jean while two more were announced yesterday, Father Lucien Larré of Coquitlam, B.C., and Renato Giuseppe Bosisio, a University of Montreal engineering professor. THE CANADIAN PRESS

Nova Scotia **Burying a hero**

ANDREW VAUGHAN/THE CANADIAN PRESS

The coffin carrying the remains of Sgt. Kirk Taylor, a reservist with the 84th Independent Field Battery, is carried from his funeral at a hockey arena in Yarmouth, N.S., yesterday. Taylor was one of four soldiers who along with Vancouver journalist Michelle Lang were killed by a roadside bomb in Afghanistan on Dec. 30.

Watchdog contradicts Flaherty

The country's budget watchdog and some of Canada's leading economists are contradicting Finance Minister Jim Flaherty, saying he cannot balance the country's books without raising taxes or slashing spending.

Parliamentary budget officer Kevin Page warned yesterday the country could be headed back to the financial bad days of the 1970s and 1980s when the country was crippled by public debt.

"We are going to have to take drastic measures, either spending reduction or tax increase, to get us back to balances," said Page, known for his outspoken assessment of government spending.

Page will deliver a report tomorrow that will look at the next five years and spell out the magnitude of the "structural" deficit and — if not checked by spending reduction or tax increases — the potential negative impact on Canada's struggling economy.

Finance Minister Jim Flaherty repeated his assertion yesterday that Ottawa can, over time, balance its books without having to raise taxes or cut spending. Instead, Flaherty says savings can be achieved simply by keeping the increases in annual spending on federal programs from growing as fast (3.3 per cent annually) as they have in recent years.

"We are going to have to take drastic measures ... to get us back to balances."
Kevin Page, parliamentary budget officer

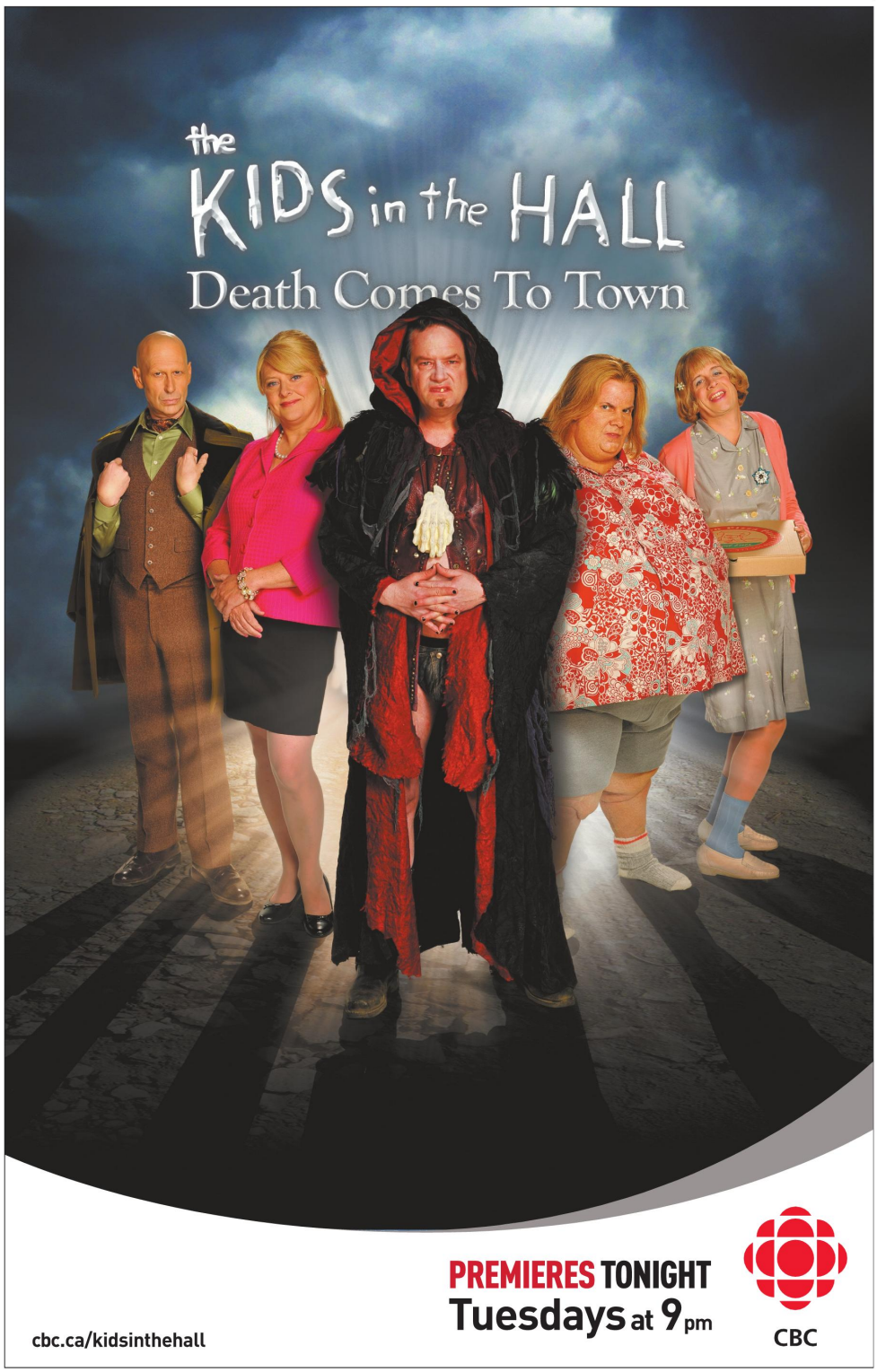
"If we have sufficient economic growth, we won't have to do as much," Flaherty said, meaning that higher economic growth raises federal tax revenues and automatically helps reduce the deficit.

TORSTAR NEWS SERVICE

Don't expect interest rate hike anytime soon, BoC official says

ECONOMY The Bank of Canada appears to be cooling its rhetoric on the country's housing boom, all but ruling out raising interest rates to dissuade prospective home buyers from taking on too much mortgage debt.

Bank official David Wolf said in a speech yesterday that in the central bank's view it is premature to be talking about a housing bubble in Canada. And he said raising interest rates is too blunt an instrument since it would have the effect of cooling off the entire economy. THE CANADIAN PRESS



Balloon dad begins jail sentence
The man who orchestrated a hoax that his child had been carried away on a balloon turned himself in yesterday to begin a 90-day jail sentence in Colorado. Richard Heene pleaded guilty to attempting to influence a public servant after the Oct. 15 saga that captivated an international TV audience. THE ASSOCIATED PRESS

World

Palin joins Fox News Channel

Sarah Palin, former Alaska governor and 2008 Republican U.S. vice-presidential candidate, will return to her broadcast roots and take her conservative message to Fox News as a regular commentator, the cable channel announced yesterday. "I am thrilled to be joining the great talent and management team at Fox News," Palin said in a statement posted on the network's website. "It's wonderful to be part of a place that so values fair and balanced news."
THE ASSOCIATED PRESS

Blessed be this BlackBerry

LONDON God bless this BlackBerry. A venerable British church has done what email addicts and workaholics have been doing for years — invoking the Almighty's blessing on their high-tech gadgets. The Rev. Canon David Parrott blessed a symbolic heap of laptops and smart phones yesterday at London's St. Lawrence Jewry church. An effort, he said, to remind busy office workers that God's grace can reach them in many ways. "It's the technology that is our daily working tool, and it's a technology we should bless," Parrott said. Parishioners took out cellphones as Parrott recited a blessing over them and their electronic devices. A few held their phones up in the air as he ran through the prayer.
THE ASSOCIATED PRESS

Blockbuster movie called racist by some

Near the end of the hit film Avatar, the villain snarls at the hero, "How does it feel to betray your own race?" Both men are white — although the hero is inhabiting a blue-skinned, nine-foot-tall, long-tailed alien.

Strange as it may seem for a film that pits greedy, immoral humans against noble denizens of a faraway moon, Avatar is being criticized by a small but vocal group of people who allege it contains racist themes — the white hero once again saving the primitive natives.

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"(The movie) asks us to open our eyes and truly see others ... in the hope we may find a way to prevent conflict ... I hardly think that is a racist message."
Avatar director James Cameron

Since the film opened to widespread critical acclaim three weeks ago, hundreds of blog posts, newspaper articles, tweets and YouTube videos have said things such as the film is "a fantasy about race told from the point of view of white people" and that it reinforces "the white Messiah fable."

Annalee Newitz, editor-in-chief of the sci-fi Web site io9.com, likened Avatar to the recent film District 9, in which a white man accidentally becomes an alien and then helps save them.

"When will whites stop making these movies and start thinking about race in a new way?" wrote Newitz, who is white.

Writer/director James Cameron said in an email to The Associated Press that his film "asks us to open our eyes and truly see others, respecting them even though they are different, in the hope that we may find a way to prevent conflict and live more harmoniously on this world. I hardly think that is a racist message."
THE ASSOCIATED PRESS

Zoe Saldana plays Na'vi archer Neytiri in Avatar. The film is being criticized by some who allege it contains racist themes, such as a white hero once again saving the primitive natives.

Feeling constrained?

Landmark trial begins

SAN FRANCISCO The first federal trial to determine if the U.S. Constitution prohibits states from outlawing same-sex marriage got under way yesterday, and the two gay couples on whose behalf the case was brought will be among the first witnesses.

The proceedings involve a challenge to Proposition 8, the gay marriage ban approved by California voters in 2008. Regardless of the outcome, the case is likely to be appealed to the U.S. Supreme Court, where it ultimately could become a landmark that determines if gay Americans have the right to marry.

Two hours before trial, the top U.S. court weighed in on an issue related to the case, blocking video of the proceedings from being posted on YouTube.com. It said justices need more time to review that issue, and put the order in place at least until tomorrow.
THE ASSOCIATED PRESS

News in brief

SANCTIONS Secretary of State Hillary Clinton says the U.S. has concluded the best way to pressure Iran to come clean on nuclear ambitions is to impose sanctions on the country's ruling elite. Clinton said yesterday a final decision has not been made. THE ASSOCIATED PRESS

ANTARCTICA Sea water under an Antarctic ice shelf showed no sign of higher temperatures, despite fears of a thaw linked to global warming that could bring higher world ocean levels, tests showed yesterday.
METRO WORLD NEWS

Hong Kong **Parties induce byelection**

VINCENT YU/THE ASSOCIATED PRESS

Members of Hong Kong's pro-democracy camp join hands after a press conference yesterday. Two political parties said five of their legislators will resign on Jan. 27, triggering territory-wide byelections they hope to turn into a referendum on democracy in the only Chinese territory with a vibrant opposition movement.

CFIB launches Red Tape week
The Canadian Federation of Independent Business, one of Canada's largest business associations has launched what's being called the first-ever Red Tape Awareness Week. THE CANADIAN PRESS

5

Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Companies confident, expect to hire: Survey

Canadian companies are feeling more confident that the economic recovery is taking hold and say they are stepping up plans to hire more workers and invest, the Bank of Canada said yesterday.

The central bank's quarterly survey of business conditions, and a companion survey of senior loan officers, both released yesterday, were generally encouraging and point to improving conditions across the board.

In a news conference in St. Boniface, Man., Finance Minister Jim Flaherty said he was encouraged that both consumer and business confidence were improving but added that dangers remained.

"The economy is still recovering ...(but) has not recovered," he said.

"As you can see from the employment numbers on Friday, there's still reason to be concerned about the performance of our recovery and particularly of the United States economy," he said.

In a separate survey of senior loan officers, the central bank said lending conditions to firms have stabilized after almost two years when the balance of opinion reflected a tightening trend. "These improved conditions are consistent with borrowers' increased access to financing in capital markets during recent quarters, and can also be attributed to the outlook for this segment being seen as favourable by survey respondents," the bank said.

The two surveys were conducted in late November and early December.

THE CANADIAN PRESS

Friday reports

- Friday's employment reports disappointed analysts on both sides of the border, with Canada dropping 2,600 jobs in December when a 20,000 gain was expected, and the U.S. reporting a contraction of 85,000 jobs.

Amsterdam **Buy is brewing**

PETER DEJONG/THE ASSOCIATED PRESS

Heineken CEO Jean-Francois van Boxmeer smiles during a photo call in Amsterdam recently. Heineken NV said yesterday it will buy the beer-making operations of Mexico's Femsa in an all-share deal that values the maker of Dos Equis, Tecate and Sol beers at $5.5 billion US.

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Rising demand may lead Toyota to manufacture new hybrids in Canada. Scan this code for the full story.

Business in brief

AGREEMENT Creditors of Magna Entertainment Corp. agreed to the outlines of a plan that will end bankruptcy and settle a lawsuit against billionaire owner Frank Stronach, attorneys said. METRO NEWS SERVICES

LAYOFFS Internet company AOL will lay off up to 1,200 workers because it didn't get enough volunteers to accept buyouts. AOL spokeswoman Tricia Primrose said yesterday that only 1,100 volunteered to leave. THE ASSOCIATED PRESS

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Your Money

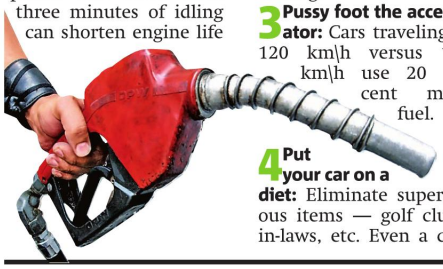
EDITOR: FERMIN.DESOUZA@METRONEWS.CA

7 steps to saving fuel

AlisonOnMoney

In my quest to save money, here's seven painless ways to cut fuel costs courtesy of 4Refuel Ltd. a Langley company which manages fuel supplies for business and knows a thing or two about saving a litre here and there.

1 Kill the idle: Not only is it illegal in some places but more than three minutes of idling can shorten engine life and excessive idling can add as much as 50 per cent to your fuel costs. Idle idiots also shorten the life of their engine oil by 75 per cent. During the depths of winter's chill, it's tempting to warm up before you get in, but cars today have fast and efficient heaters.



2 No jack rabbit starts: Jack rabbit starts use 40 per cent more fuel and increase emissions by 400 per cent. What's more they save less than three minutes over 60 minutes of driving.

3 Pussy foot the accelerator: Cars traveling at 120 km\h versus 100 km\h use 20 per cent more fuel.

4 Put your car on a diet: Eliminate superfluous items — golf clubs, in-laws, etc. Even a couple of hundred extra pounds adds stress to the engine and decreases gas milage.

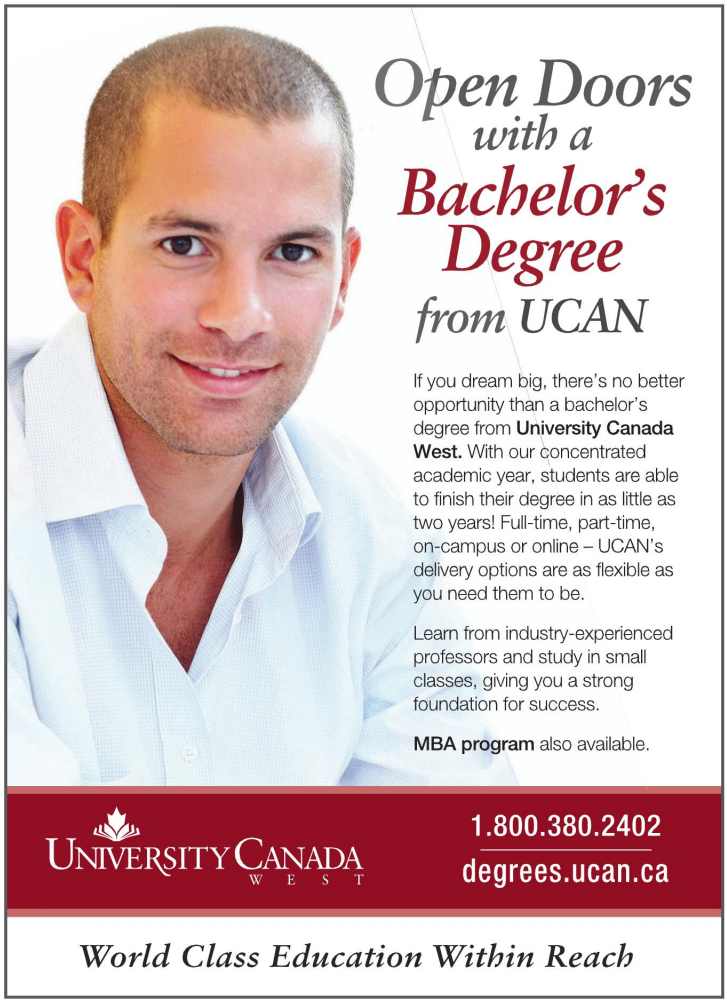
You have no influence over oil prices but it's within your power to have the same effect as a decline at the pump with a little effort.

5 Keep your engine purring: Tune-ups really do increase gas milage and extend the life of your engine.

6 Check your tire pressure: Correct tire pressure saves gas — as much as two weeks worth a year — while improving car handling and braking and decreasing tire wear.

7 Take the ankle express: I'm amazed at how many people get in their cars to drive from store to store at the power centre malls rather than walk a few hundred metres. A little ankle express, for kids and adults, improves gas milage and magically shrinks waists.

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at alison@alisongriffiths.ca.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Comment

Liberals enter political battlefield

If, as the Conservatives interpret it, politics is war, it's no surprise they have been winning. They are the only side that's been deploying the heavy artillery.

In response to their attack ads against Stéphane Dion and Michael Ignatieff, the Liberals have been absent from the battlefield. In the Dion case, they didn't have the money to afford counterblasts. With Iggy, they've been cautious, not wanting to be accused of joining Stephen Harper on the political low road.

That's changing. Liberal ads released this week on the closing down of Parliament hit the prime minister where it stings — with a coverup charge. Team Ignatieff is aware it's not the alleged torture of Afghan detainees that has the public worked up. It's the autocratic arrogance of the PM in thinking he can repeatedly manipulate the democratic system for partisan gain.

Given the heady response they've been getting on the prorogue issue, the Grits feel they've got momentum on their side. That they may be right was indicated by Harper's response. In obvious damage-control mode, he's volunteering many a media interview. That's something he doesn't do often.

He tried to excuse the shutdown of Parliament by saying the government needed more time to prepare for a new budget. But the government had a five-week Christmas break even without a prorogue. In any case, the PM was contradicted by Finance Minister Jim Flaherty, who said yesterday that budget consultations weren't affected by prorogation.

The other Conservative defence line is the rationale that the Liberals once did this kind of thing, so it's OK for us to do it. It never seems to bother team Harper that anyone with a measure of self-respect doesn't seek to excuse their own inadequacies by constantly dredging up the inadequacies of others.

In the abuse-of-power sweepstakes, the Jean Chrétien Liberals did indeed run up quite a tally, not the least of which was closing down an inquiry into alleged brutality by Canadian soldiers in Somalia. The move was dictatorial and inexcusable. But Ignatieff had nothing to do with any of the malfeasance in the Chrétien days. In any case, the Conservatives promised a new era of accountability and transparency. The promise has become a standing joke.

On one level — the lack of civility in our politics — it's unfortunate the Liberals are resorting to attack ads. But to compete against the Harper goon squad, they didn't have much choice. They could continue to get run over. Or they could finally start giving this prime minister some of his own medicine.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.

Views

Facebook rides to Parliament's rescue

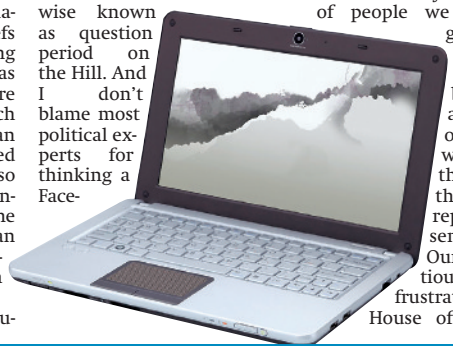
Norm Beach

I always thought Facebook was just a cosy corner in cyberspace for idle chat and gossip.

But recently a flash mob of Canadians upset at the abrupt shutdown of Parliament began airing its beefs on the social networking site, and the group has gone viral, attracting more than 10,000 members each day. (Yesterday, more than 150,000 people had signed up.) Now postings are so frequent that within minutes anything put on the main board becomes an "older post" as new comments and information links flood onto the site.

It started with a graduate student at the University of Alberta, peeved by Prime Minister Stephen Harper's New Year's resolution to shut down Parliament until after the Olympics.

The prime minister apparently thought most Canadians wouldn't miss the crude display of boorish behaviour that is otherwise known as question period on the Hill. And I don't blame most political experts for thinking a Facebook group called Canadians Against Proroguing Parliament wouldn't fly far in cyberspace, let alone influence the hardball game of politics. But ordinary Canadians have confounded the experts.

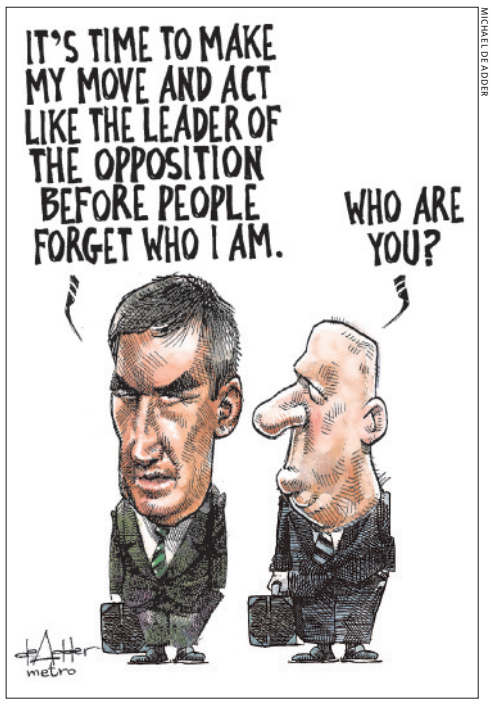


As one of those ordinary Canadians, I think I know why.

Parliament may be full of people we don't greatly admire, but we are the ones who put them there to represent us. Our fractious and frustrating House of Commons is the only democracy we have, the place our elected representatives decide the laws that govern this country.

Stephen Harper may think most Canadians don't pay very close attention to what goes on in Parliament, and he's right. But if our democratic space is suddenly, and for no good reason, shut down, we start to smell something rotten in Ottawa. We might even begin to think that what goes on in our nation's capital is more important than who's groping who in the bedrooms of Hollywood. Hard to believe, eh? Well, stranger things have happened. Even on Facebook.

Norm Beach is a writer and teacher in Toronto.



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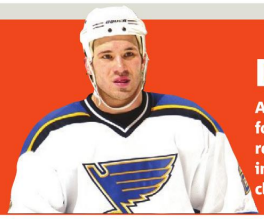
Fake labels mock Woods
Gatorade says bootleg labels with a picture of Tiger Woods, the word "unfaithful" and the Gatorade name have been found on bottles in Colorado stores. Gatorade spokeswoman Karen May said yesterday the labels were fakes. She declined to say whether the bottles contained real Gatorade. THE ASSOCIATED PRESS

Sports



Danton may play university hockey

A former NHL player who spent five years in prison after he was convicted of a plot to kill his former agent could suit up for the Saint Mary's Huskies this semester. Mike Danton, who was released from prison in September, has been cleared by Saint Mary's administration to enrol in sociology courses and suit up for the hockey team. The 29-year-old is waiting to receive clearance from the national parole board to move to Halifax from Ontario. METRO CANADA

EDITOR: DON.MCHOULL@METRONEWS.CA

McGwire admits to steroid use

Mark McGwire finally came clean, admitting he used steroids when he broke baseball's home run record in 1998.

McGwire said in a statement sent to The Associated Press yesterday he used steroids on and off for nearly a decade.

"It's very emotional, it's telling family members, friends and coaches, you know, it's former teammates to try to get hold of, you know, that I'm coming clean and being honest," he said during a 20-minute telephone interview, his voice repeatedly cracking. "It's the first time they've ever heard me, you know, talk about this. I hid it from everybody."

McGwire hit a then-record 70 homers in 1998.

THE ASSOCIATED PRESS

Predators edge Canucks

NHL RESULTS

Predators 3 Canucks 2

Shea Weber scored on the power play yesterday as the Nashville Predators continued to shine on the road with a 3-2 victory over the Vancouver Canucks.

The Predators held a 4-on-3 man advantage when Weber fired Ryan Suter's pass from the blue line, beating Vancouver netminder Roberto Luongo with 4:03 remaining in the game.

All Nashville goals came on special teams as Joel Ward scored short-handed and Ryan Jones added a power-play marker in the first period.

Alex Burrows, who was in the penalty box when the winning goal was scored, continued his torrid scoring pace with both Canucks goals.

THE CANADIAN PRESS

JONATHAN HAYWARD/THE CANADIAN PRESS

Vancouver Canucks' Henrik Sedin crashes in front of Nashville Predators goaltender Dan Ellis as he tries to get a shot on net during first-period NHL action at GM Place in Vancouver yesterday.

SCOREBOARD

NHL

YESTERDAY'S RESULTS
Nashville 3 **VANCOUVER** 2
Minnesota 4 Pittsburgh 3
Colorado 3 Calgary 2 (SO)
San Jose 2 Los Angeles 1

TODAY'S GAMES
Carolina at Toronto
Detroit at N.Y. Islanders
New Jersey at N.Y. Rangers
Dallas at Philadelphia
Ottawa at Atlanta
Washington at Tampa Bay
Columbus at St. Louis
Nashville at Edmonton
San Jose at Phoenix

NBA

YESTERDAY'S RESULTS
Indiana 105 Toronto 101
Atlanta 102 Boston 96
Chicago 120 Detroit 87
Oklahoma City 106 New York 88
Philadelphia 96 New Orleans 92
Utah 118 Miami 89
Denver 105 Minnesota 94
Phoenix 105 Milwaukee 101
Cleveland 117 Golden State 114

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How has the attack on Togo's soccer team affected security plans for the World Cup? Scan this code for the full story.

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Simpsons headed to Vancouver

The Simpsons will take aim at curling this season when Homer and Marge head to Vancouver for the 2010 Olympics. In an episode due to air around the time of the Winter Games in February, the couple represents the United States in the semi-fictional event of mixed curling. THE ASSOCIATED PRESS

Vancouver Games

EDITOR: DON.MCHOULL@METRONEWS.CA

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JEFF GROSS/GETTY IMAGES

Drew Doughty of the Los Angeles Kings is pursued by Brendan Morrison of the Washington Capitals at L.A.'s Staples Center earlier this month. Doughty has eight points since being picked for Team Canada.

Proving his worth

Doughty on a tear since making Team Canada

The excitement of being selected to Team Canada doesn't appear to have worn off for Drew Doughty.

The 20-year-old Los Angeles Kings defenceman could hardly sleep leading up to the Dec. 30 announcement and ended up being one of Steve Yzerman's boldest selections for the Olympic team. He's responded extremely well to that vote of confidence, having accumulated more points (eight) than anyone else on Team Canada from the time the roster was announced through Sunday's games.

Not bad for a guy who was tossing and turning in bed just two weeks ago.

"I was pretty nervous," Doughty said after being named to the team. "I didn't really know what my chances were. I knew I had an outside shot. Making it is definitely a big surprise, I'm just so excited."

He was held off the scoresheet that night in Calgary before putting up eight assists over the following five games. That streak included a four-assist game in San Jose Jan. 4 — the most productive night of his brief NHL career.

Interestingly, two of Canada's other defencemen have also been putting up nice offensive numbers since Yzerman selected them to the team. Chicago's Duncan Keith and Philadelphia's Chris Pronger both have seven points over that stretch, with Keith having moved to within two points of his career-high of 44 with almost half a season to go.

It's no coincidence there are so many blueliners with offensive tendencies on the Olympic team. The Canadian squad that finished seventh at the Games four years ago seemed to be missing that element.

"We had trouble moving the puck on the big ice (in Turin), I guess would be the best way to describe it," said Kevin Lowe, a member of Yzerman's management team. "Now we've come almost full circle in terms of making an emphasis on guys who can move the puck, get it in the hands of the forwards. ... We think we have that in this group." THE CANADIAN PRESS

U.S. captain

- Jamie Langenbrunner of the New Jersey Devils will be the captain of the American hockey team at next month's Olympics. The 13-year NHL veteran and captain of the New Jersey Devils made his Olympic debut in Nagano in 1998.

Speedskating team offers mix of youth, experience

The mix, Speed Skating Canada believes, is just right.

Clara Hughes, Cindy Klassen and Jeremy Wotherspoon provide an aura of success and veteran know-how. Kristina Groves, Christine Nesbitt and Denny Morrison look to be right at their peak. Brittany Schussler, Jamie Gregg and Lucas Makowsky offer potential, both for the present and the future.

All that remains now for the eight women and eight men named to the long-track speedskating team for the Vancouver Olympics yesterday is to deliver, and that won't be easy.

Clara Hughes

Expectations are sky-high for the speedskaters, who have enjoyed frequent international success over the past four years since winning eight medals at Turin in 2006, and who are some of the country's biggest names heading into the Games. They have about a month left to finalize their preparations, and capitalize on the opportunity in front of them.

"I think things worked out in our favour," said Brian Rahill, Speed Skating Canada's high performance director.

Rounding out the squad are: Mathieu Giroux, Kyle Parrott, Mike Ireland and Francois-Olivier Roberge for the men, and Shannon Rempel, Anastasia Bucsis and Tamara Oudenaarden for the women.

THE CANADIAN PRESS

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Giving birth to new ideas
The Cochrane Collaboration reviewed 21 studies involving 3,706 women and found that lying down significantly delays the process of giving birth. Researchers recommend that women in labour try to find the most comfortable position, other than lying flat. METRO NEWS SERVICES

Health & Beauty

Getting sick is no laughing matter

CELIA MILNE
for Metro Canada

It's like a sick joke. You go to hospital for care and come out sicker than when you went in. But it's no laughing matter. Each year in Canada, between 8,000 and 12,000 people die of infections they acquired in hospital.

An important new Canadian study provides the first step in changing this grim pattern.

A team of researchers at Queen's University in Kingston has proven scientifically that shared hospital rooms are a culprit in spreading superbugs.

"There is a very strong relationship between the number of roommates and the risk of each infection," said Dr. Dick Zoutman, an infection control expert at Kingston General Hospital and one of the authors of the study.

If you share a room with one other patient, your risk of getting a serious infection goes up by 10 per cent. And each roommate added raises your risk by another 10 per cent.

So if you have five roommates, your risk of infection is up by 50 per cent, explained Zoutman.

The results were far more dramatic than the scientists expected.

"We found it quite shocking," Zoutman told Metro in a phone interview.

"We didn't anticipate it would be that high. We went 'Wow!'"

They thought each roommate might boost risk by 1 per cent.

PHOTOS.COM

Your risk of catching an infection at a hospital increases by 10 per cent for every roommate you have there.

Over a five-year period, Zoutman and his team studied whether patients in hospital for more than three days developed any of three serious infections.

The infections were superbugs methicillin-resistant Staphylococcus aureus (MRSA) and vancomycin-resistant Enterococcus (VRE), as well as Clostridium difficile, which causes diarrhea. These infections can be fatal.

Canadians, he said, are developing zero tolerance for hospital-acquired infection. "They are fed up."

While it may seem obvious that sharing hospital rooms means sharing illness, decision-makers needed proof before changes could be made, said Zoutman.

He added that the results are valuable because policy-makers who decide how hospitals will be designed now have evidence that private rooms are safer.

They can justify spending the extra money.

The current system of dividing patient with curtains does not keep them safe from neighbours' infection.

"It has to be walls," said Zoutman.

Patients should have their own room and their own bathroom.

"The solution is designing safety and quality into hospital systems, so hospitals are safer. We want to have it that you can't transmit infections in hospital. My goal is zero. This is a step in the right direction."

Suspending your beliefs on fitness

TRAINING Still looking for the best way to get fit this January?

If you're up for a challenge working out, why not try hanging out?

"TRX Suspension Training is exploding on the fitness market," says Geoff Bagshaw, group exercise director of Denman Fitness in Vancouver.

TRX training involves ropes, bands and straps and uses gravity and body weight to get a full workout.

The straps can be attached to a door or any elevated fixture, so it's a go-anywhere workout.

CELIA MILNE/
FOR METRO CANADA

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Campbell offers gluten-free

To meet the needs of those with gluten-sensitivity issues, Campbell Company of Canada introduced 13 gluten-free soups and broth this month. These new products can be easily spotted with their prominent 'gluten-free' labels located beside the item's nutrition panel. METRO NEWS SERVICES

Food

A good year for wine

Vintners and analysts predict that 2010 will be a very good year for wine lovers. Everybody is looking for a deal and I think that mentality is going to persist. We still have the '05 and the '06 vintages in the pipeline and that's a lot of wine," says Eric Titus, partner in Titus Vineyards in the Napa Valley. He also expects 2010 to be a better year for premium wine. "There's cautious optimism." No question 2009 was a tough year, especially for people making wines priced at $20 a bottle and over. THE ASSOCIATED PRESS

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Puff perfection

Above: Spinach an Parmesan Soufflés, adapted from Reader's Digest magazine.

Spinach and Parmesan Soufflés

SERVES 4

INGREDIENTS:

- 2 tsp (10 mL) soft butter
- 1 lb (500 g) young spinach
- 1 slice white bread, crusts removed
- 2/3 cup (150 mL) sour cream
- 5 eggs, separated
- 1/2 cup (125 mL) grated Parmesan cheese
- Freshly grated nutmeg, to taste

METHOD:

1. Preheat oven to 425°F (220°C). Lightly butter inside of four 1-cup (250-mL) ovenproof dishes. Tip washed spinach into dry pot with moisture left on leaves and stir over low heat until wilted. Leave to drain.
2. Process bread in blender to make fine crumbs. Add spinach to crumbs with half the sour cream and process for coarse purée. Add remaining sour cream and process until combined.
3. Add egg yolks to food processor with 3 Tbsp (45 mL) of grated Parmesan cheese. Season and add plenty of nutmeg, then process again to make smooth purée.
4. Whisk egg whites in large bowl until stiff. Tip spinach mixture onto egg whites and carefully fold with large metal spoon. Sprinkle half of remaining Parmesan inside prepared dishes and set on baking sheet. Spoon soufflé mixture into dishes.
5. Sprinkle with remaining Parmesan, then bake 15 minutes or until puffed and golden brown.

Serve immediately.

rd.ca
For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!

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LiquidAssets

Peter Rockwell

metronews.ca/liquidassets

Budget bottles

Whoever said "life's too short to drink cheap wine" never received one of my post-holiday credit card bills. Christmas is over and the reality of how much I spent is starting to sink in fast.

Thanks to an ugly exchange rate, Californian wines have historically been higher-priced here in Canada. Things have been balancing out over the last few years and there are tasty deals to be had from The Golden State.

Though blended from different vintages, the wines from Barefoot Cellars are all decent drops with the **Sauvignon Blanc** ($9.95 - $11.99) getting my vote for one of the smoothest, freshest whites under $12. It's a great match for dishes with a bit of heat.

Over in Italy, **Farnese's 2008 Sangiovese** ($7.55 - $10.99) is a steal from the Farneto Valley in Abruzzi. Full of ripe cherry, plum and cedar wood, it's perfect with rigatoni and mushroom-topped pizza.

Cowell out of Idol
Simon Cowell, the acerbic Brit who has helped give American Idol some of its sharpest — and nastiest — moments, will leave the popular singing show after this season. THE ASSOCIATED PRESS

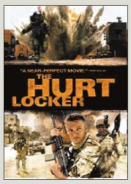
Entertainment

Ticket to Oprah
The February issue of O features a "golden ticket" sweepstakes for an expenses-paid weekend in New York City to commemorate the 10th anniversary of the magazine and to meet Oprah Winfrey. PEOPLE.COM

EDITOR: DEAN.LISK@METRONEWS.CA

DVD picks

The Hurt Locker
Director: Kathryn Bigelow



KATHRYN BIGELOW'S latest testosterone drama strips the Iraqi conflict of politics and brings it right down to the garbage-strewn pavement, where lives are saved through skill and nerve but lost through bad luck and malevolence.

The film follows the men of Bravo Company, the elite U.S. army unit tasked with defusing bombs left on Baghdad streets by increasingly violent and determined insurgents. Gutsy and gung-ho but new to Bravo is a sergeant named James (Jeremy Renner, in a breakout role), a reckless cowboy who has disarmed 873 bombs but is one short fuse away from being blown to kingdom come.

Extras include a commentary by Bigelow and Boal, a behind-the-scenes featurette and an image gallery.

Peter Howell/for Metro Canada

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Mila's mature act

Actress opts for serious role in Book of Eli

STEVE GOW
for Metro Canada

With her latest movie, Mila Kunis may finally fulfill her destiny.

Having begun acting professionally at age nine, the Ukraine-born beauty rose to fame playing goofy comedy on television's That '70s Show. Now with the dystopian drama The Book of Eli, she shares company with such an esteemed thespian as Denzel Washington — a step in the right direction.

"He's a very powerful man," said Kunis during a recent interview. "At this point in my career I like to work with people that I admire and people I respect and can learn from and an opportunity to work with Denzel Washington, you can't really pass it up."

"An opportunity to work with Denzel Washington, you can't really pass it up."
Mila Kunis

In the movie, Kunis joins Washington as a post-apocalyptic survivor protecting a sacred book as he seeks to fulfill its destiny in the West. It's a much more mature role for Kunis who, until relatively recently, didn't take her job seriously.

"It was just a conscious decision that this is what I want to do with my life," said Kunis. "I looked at it as something fun. I worked because I was able to work and then when I was twenty I was like, 'OK, this is going to be my career so I'm going to make smart choices and I'm going to go about it as a career versus just a fun thing on the side.'"

The Book of Eli hits theatres on Friday

While she admits luck had a lot to do with her success, Kunis selects her parts more carefully now but she remains self-effacing when it comes to being realistic about the nature of showbiz.

"I'd like to think I could do it for the rest of my life but tomorrow nobody might want to hire me and that'd be the end of it."

In the meantime, audiences will see Kunis in The Book of Eli (hitting theatres Friday) as well as two other films releasing this year. Plus, fans can always catch her voicing the animated character of Meg on TV's The Family Guy — perhaps surprisingly her most famous role.

"If I open my mouth and I'm in public, that's all it takes," laughed Kunis. "If I be quiet, I'm OK. It's just when I talk that people are like, 'Hey it's Meg!'"

Mila Kunis joins Denzel Washington in Book of Eli.

VA	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime 1/12/10	251	308	3 CBC	Wheel Fortune	Jeopardy! (N)	Rick Mercer	22 Minutes (N)	Kids in-Hall	Comedy	CBC News: The National (N)		(:05) The Hour
	254	-	8 OMNI	Two/Half Men	Two/Half Men	Omni News: Mandarin Edition		News: Cantonese Edition		Omni News: Punjabi Edition		The Simpsons
	250	321	9 CTV	etalk (CC)	Access H.	American Idol The audition process begins in Boston. (CC)				Law & Order: Special Victims		CTV News
	-	-	10 JOY	Frasier (CC)	The Insider	Islam 101 (CC)		Enigma "Conjuring Philip"		P3	Ek Noor	New Day
	252	336	11 GTV	Entertainment	ET Canada	NCIS "Flesh and Blood" (N)		NCIS: Los Angeles (N) (CC)		The Good Wife "Painkiller"		News
	256	389	12 VI	Degrassi: TNG	TMZ (N) (CC)	The Matrix Reloaded ★★★ (2003) Keanu Reeves. Freedom fighters revolt against machines.						A News (N)
	253	359	13 CITY	The Office	The Office	The Biggest Loser Dr. Huizenga delivers sobering news. (N)				The Jay Leno Show (N) (CC)		The CityNews
	-	-	14 CW	The Office	The Office	90210 (CC)		Melrose Place "Canon" (CC)		Seinfeld	Seinfeld	Frasier (CC)
	289	381	15 CBS	Entertainment	The Insider	NCIS "Flesh and Blood" (N)		NCIS: Los Angeles (N) (CC)		The Good Wife "Painkiller"		KIRO 7 News
	287	379	16 NBC	Evening Mag.	Inside Edition	The Biggest Loser Dr. Huizenga delivers sobering news. (N)				The Jay Leno Show (N) (CC)		KING 5 News
	602	568	19 W	Supernanny "Ririe Family"		Dine With Me	Grocery Bag	Beauty	Style by Jury	How to Look Good Naked		Beauty
	288	380	21 ABC	Wheel Fortune	Jeopardy! (N)	Scrubs (CC)	Better Off Ted	Scrubs (N)	Better Off Ted	the forgotten "Patient John"		KOMO 4 News
	-	-	23 KVOS	M*A*S*H	Seinfeld	Killing Emmett Young ★★ (2002) Scott Wolf, Tim Roth.				Seinfeld	King/Queens	Cheers (CC)
	291	383	27 PBS	Life (Part 2)	Steves Europe	Nova Reconstructing a vessel.		Independent Lens Senior citizen chorus. (N) (CC)				Julia
	290	382	28 FOX	Two/Half Men	Two/Half Men	American Idol The audition process begins in Boston. (CC)				Q13 FOX News at Ten (N)		Family Guy
	-	364	48 PBS	Independent Lens Senior citizen chorus. (N) (CC)				Tavis Smiley	Charlie Rose (N) (CC)		Nova Reconstructing a vessel.	
	296	654	34 SBK	Frasier (CC)	Frasier (CC)	The Office	Name Is Earl	South Park	Half & Half	Paid Program	Street Court	Cold Files
	298	653	35 TLA	Two/Half Men	Two/Half Men	90210 (CC)		Melrose Place "Canon" (CC)		KTLA 5 News at 10 (N) (CC)		Friends (CC)
	295	651	36 WGN	WGN News at Nine (N) (CC)		Family Guy	Two/Half Men	According/Jim	Friends (CC)	Friends (CC)	Maury Paternity results. (CC)	
	297	652	37 WPX	PIX News at Ten Tong. (N)		Two/Half Men	Friends (CC)	Friends (CC)	According/Jim	Family Guy	South Park	Scrubs (CC)
	199	311	76 STR	CTV News	NTV Latenight News		Late Show W/Letterman		Late Late Show/Ferguson		Inside Edition	Seinfeld
news	502	390	26 NW	CBC News: the fifth estate		CBC News: The National (N)		CBC News: The National (N)		CBC News: the fifth estate		National
	500	500	33 CNN	Anderson Cooper 360 (CC)				Larry King Live		Anderson Cooper 360 (CC)		Cooper 360
sports	407	419	22 RSP	Skiing	Hockey-Czech	Hockey	Saturday Night Poker		MMA Conn	Sportsnet Connected (Live)		Sportsnet
	400	400	30 TSN	SportsCentre	That's Hockey	SportsCentre	Off the Record	Boxing Sergio Martinez vs. Paul Williams, Middleweights.				SportsCentre
	411	457	49 OLN	Ghost Hunters (CC)		Destination Truth (CC)		Operate-Repo	Operate-Repo	Ghost Hunters (CC)		Ghost Hunters
	410	403	24 SCR	NBA Basketball		Score Now		Score Now		Score Now		Final Score
	417	406	65 SC	Dangerous Drives		Pass Time	Pass Time	Monster Jam		Super Bikes!	Super Bikes!	Danger-Drives
	416	409	144 GLF	Fútbol Uruguayo		MLS Weekly	Gol TV News	Toronto-Today	MLS Weekly	Paid Program	Gol TV News	Gol TV News
family	552	543	25 YTV	iCarly (CC)	Fries That?	Malcolm-Mid.	Hates Chris	8 Rules	What I Like	Family Biz (N)	To Be Indie	Prank Patrol
	555	545	50 TEL	Scooby-Doo	Total Drama	Total Drama	6TEEN	Futurama	King of Hill	American Dad	Futurama	Chicken
	557	541	51 FAM	Sonny Chance	Suite Life	Overruled!	Han. Montana	Wizards-Place	Latest Buzz	Ned's School	Cory in House	That's-Raven
	553	546	53 TRE	Babar (CC)	Zigby	Max & Ruby	Dragon	Backyard	Ni Hao	Go, Diego, Go!	(:35) Franklin	Comfy Couch
cable variety	268	354	5 KNO	Frontiers of Construction		What the Ancients Did for Us		Devil's Playground ★★★ (2002) Premiere.			Recreat. Eden	My Brain
	575	583	20 CMT	Home Imp.	Home Imp.	Shaye: This Is It		Amer. Funniest Home Videos		Reba (CC)	Reba (CC)	According-Jim
	570	580	24 MM	disBAND	Love Court	MuchOnDemand (CC)		Pimp My Ride	My Own	disBAND	Video on Trial	Spotlight
	600	564	29 H&G	House	House	Holmes on Homes (CC)		Million Dollar Listing (CC)		Bang, Buck	Genevieve	House Hunt
	615	520	31 A&E	Paranormal State (N) (CC)		Celebrity Ghost Stories (CC)		(:01) Criminal Minds (CC)		Psychic Kids: Paranormal		Paranormal
	628	584	32 SPKE	Ultimate Knockouts 7		Entourage	Entourage	Entourage	Entourage	Disorderly Conduct: Video		Disorderly
	521	560	34 TLC	Little Couple	Little Couple	Cake Boss	Cake Boss	Happy Family	Happy Family	Little Couple	Little Couple	Little Couple
	616	522	39 SHO	Relic Hunter (CC)		I Know What I Saw (2007, Suspense) Beverley Mitchell. (CC)				Drop Dead Diva (N) (CC)		NCIS (CC)
	620	523	40 BVO	Bravonews	Dick Dale	Law & Order "Scoundrels"		Without a Trace (CC)		The Small Back Room ★★★ (1949) (CC)		
	601	562	41 SLC	Wedding SOS	Wedding SOS	ET Canada	What	Real Housewives of Jersey		Real Housewives OC		Runway
	520	505	42 DIS	License to Drill "Hard Rock"		Daily Planet (CC)		Destroyed	Destroyed	License to Drill "Hard Rock"		How It's Made
	522	506	44 HIS	Ancient Discoveries "Robots"		Cities of the Underworld		Pawn Stars	Pawn Stars	Ancients Behaving Badly		Crime Stories
	627	528	45 SPC	Fringe (CC)		Stargate SG-1 "Crossroads"		Star Trek: Next Gener.		Lost "This Place Is Death"		Medium (CC)
	294	650	47 TBS	The Office	The Office	Lopez Tonight (N)		Name Is Earl	Name Is Earl	Sex and-City	Sex and-City	Lopez Tonight
	619	525	48 TROP	Parking Wars	Parking Wars	Rescue Ink "Biting Back"		Dog Whisperer (CC)		End of Leash	Last 10	Tube Tales
	603	561	52 FN	Good Eats	Good Eats	Restaurant Makeover (CC)		Diner, Drive-In	Unwrapped	The F Word (CC)		Good Eats
	-	-	53 AMC	Behind Enemy	True Lies ★★★ (1994, Action) Arnold Schwarzenegger, Jamie Lee Curtis, Tom Arnold. (CC)						Behind Enemy Lines ★★	
	626	547	57 COM	Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Jeff Dunham	Blue Collar TV	Daily Show
	320	621	60 CEN	(6:10) Fugitive Pieces ★★		Zack and Miri Make a Porno ★★ (2008) (CC)			Rock, Paper, Scissors: Tosser			(:15) Traitor
	581	566	101 MTV	Teen Mom "Standing Up" (N)		MTV Live	After	Jersey Shore (CC)		Teen Mom "Standing Up"		MTV Live
	261	394	102 V	Unscripted (N)	Benmergui-Isr	Poltergeist: The Legacy		Inherit the Wind ★★★ (1960, Drama) Spencer Tracy, Fredric March.				
	-	-	109 MUL	Sewing Maid	Immortal	Il Caffe		In Germany	Euromaxx	Schauplatz	Euro. Journal	Patrol World

critics'corner

the forgotten
An unidentified man found dead inside a seepage pit leads Alex (Christian Slater) and the team into the world of medical trials. They discover the victim was a recently naturalized citizen who signed up to become a medical guinea pig to earn enough money to bring his family to America in the new episode "Patient John." Susan Ruttan ("L.A. Law") guest stars. 10 PM on ABC

American Idol
Host Ryan Seacrest welcomes Emmy-winning talk show host Ellen DeGeneres to the judging panel that also includes the returning Simon Cowell, Randy Jackson and Kara DioGuardi as the ratings behemoth returns for its ninth season, traveling across the country from Atlanta, Boston and Orlando, Fla., to Chicago, Dallas, Denver and Los Angeles in search of singers both deserving and delusional. 8 PM on CTV, FOX

Pussycat on the prowl

Pussycat Dolls singer Nicole Scherzinger is single again, usmagazine.com reports. She and 2008 Formula 1 world champion Lewis Hamilton have announced that they have split after two years. METRO NEWS SERVICES

Celebrity Buzz

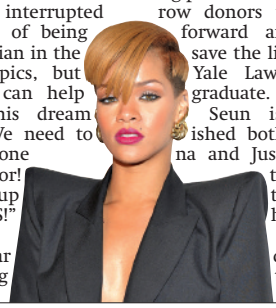
Gateway Law Corporation
Kevin Lee, B.Comm (UBC), M.B.A. (York U), LL.B. & PCLL (HKU), NCA (UOttawa)

Is Nightingale her last name?

R&B'S FLORENCE NIGHTINGALE IN SHINING ARMOUR Rihanna is seeking a donor for an Olympic hopeful battling leukemia, female-first.co.uk reports.

The singer — who received a touching letter from 26-year-old Seun Adebiyi, a Nigerian athlete who had hoped to compete in the 2014 Winter Games in skeleton sledding, but was diagnosed with Leukemia during training — has promised to do everything she can to raise awareness of his condition and find him a bone marrow donor.

"Leukemia interrupted Seun's dream of being the first Nigerian in the Winter Olympics, but together we can help him make his dream come true. We need to find him a bone marrow donor! Please sign up with DKMS!" says Rihanna.



The pop star is working alongside Grey's Anatomy actor Justin Chambers in asking potential bone marrow donors to come forward and help save the life of the Yale Law School graduate.

Seun is astonished both Rihanna and Justin have taken the time to help him. "I am deeply touched by their plea for donors, not just for me, but for others as well. Their voices are so powerful and it encourages me how they used their influence to raise awareness about this important issue. That was incredible," he says. Rihanna previously made successful public pleas both last year and in 2008 to help six-year-old Jasmina Anema and 43-year-old Lisa Flynn find bone marrow transplants.

METRO NEWS SERVICES

Lohan can't get (use?) a break

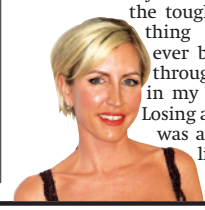
(UN)LUCK BE A LADY Lindsay Lohan is having more car trouble, only this time she wasn't the one driving. The actress' BMW reportedly struck a photographer early Sunday morning while pulling away from the Hotel Cafe nightclub, according to TMZ.

Lohan was reportedly a passenger at the time, and it was her assistant that reported the incident. The photographer was not taken to the hospital, but he is reportedly threatening to sue Lohan.

METRO WORLD NEWS

It's been a hard day's night

FREE AS A BIRD Heather Mills says that she's moved on two years after divorcing Paul McCartney. "It was the toughest thing I've ever been through in my life. Losing a leg was a billion times easier. That was just physical pain," Mills, who is currently appearing on Britain's Dancing on Ice reality show, tells the Daily Mirror.



"Afterwards I was single for two years. Then I met a wonderful man, who I never talk about. But I don't think I would marry again. I don't think its worked for me."

METRO WORLD NEWS

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Mayan Riviera 8 Nights 4-Star	from $795 + taxes & fees $280
Punta Cana 7 Nights 4.5-Star	from $797 + taxes & fees $312
Los Cabos 7 Nights 5-Star	from $867 + taxes & fees $173
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Wednesday Rain 60% 9°/6°
Thursday Rain 70% 7°/6°
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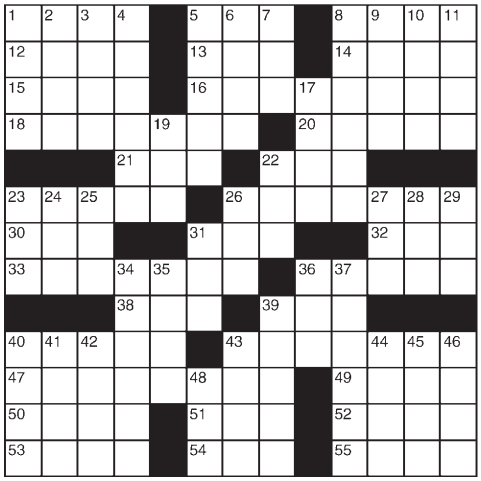
Take Five



Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

4			9	6				1
	8					6	9	
	9			1	7			4
					6			8
		2				7		
9			2					
3			6	7			5	
	5	1					8	
7				5	3			2

ACROSS

1 — mater
5 Thither
8 Astronomical bear
12 Spring wind?
13 Praise in verse
14 Bosc, e.g.
15 Color quality
16 "A Streetcar Named Desire" surname
18 Captain
20 Gave as an example
21 Fellows
22 Fellows
23 Lifting apparatus
26 Soaking in the sun
30 Feedbag morsel
31 "— the ramparts ..."
32 Compete
33 "Tobacco Road" author Caldwell
36 Bloodhound's clue
38 Suffix with robot
39 Dead heat
40 Supermarket section
43 Providing traction
47 Like beauty, they say
49 Rescue
50 Baserunner's goal
51 Bikini half
52 Verve
53 Oklahoma city
54 Dickens pseudonym
55 Transmitted

DOWN

1 Performances
2 Appearance
3 Revealing skirt
4 Hebrew letters
5 Burdens for oxen
6 Stench
7 Fresh
8 Telecom channel to a satellite
9 Repose
10 Benefit
11 Saharan
17 "Bullets" at the poker table
19 Favorite
22 Scratch
23 Weeding tool
24 Rowing tool
25 "Monty Python" opener
26 Spelling contest
27 "— got it!"
28 Zero
29 Solidify
31 Switch positions
34 Baked, as pottery
35 On the rocks
36 Transgression
37 Disarrays
39 November birthstone
40 Arthur of tennis
41 Object of worship (Var.)
42 California valley
43 Pianist Peter
44 Hardy cabbage
45 Terrible guy?
46 Fender bender
48 Recede

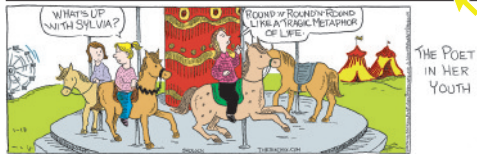
PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

A	V	E	C		T	S	P		A	B	E	D			
D	I	V	A		R	U	E		C	A	R	E			
A	V	I	V		A	P	P	L	E	P	I	E			
M	A	L	I	B	U		S	E	T	T	E	R			
			A	I	M	S		I	I	I					
A	P	P	R	O	A	C	H		C	Z	A	R			
L	E	A		S	T	O	O	P		E	N	E			
P	A	N	T		A	P	P	E	N	D	I	X			
		P	H	I		E	E	R	O						
L	A	I	R	D	S		L	I	G	H	T	S			
A	P	P	O	S	I	T	E		O	A	H	U			
K	E	E	N		L	I	S		O	T	I	C			
E	S	S	E		O	P	S		D	E	S	K			

6	9	5	3	7	8	1	4	2
1	8	3	5	2	4	9	6	7
2	4	7	1	6	9	3	5	8
8	7	6	9	4	1	5	2	3
4	1	2	6	3	5	8	7	9
5	3	9	2	8	7	4	1	6
3	6	8	4	1	2	7	9	5
9	2	4	7	5	3	6	8	1
7	5	1	8	9	6	2	3	4

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca



Metro Recipe of the Day

Peppered Beef with Pecans

INGREDIENTS:

1 lb (500 g) lean steak
2 tsp (10 ml) black peppercorns
3/4 cup (175 ml) pecan halves
2 tbsp (25 ml) olive oil
2 tsp (10 ml) butter
1 onion, thinly sliced
3/4 lb (375 g) button mushrooms, sliced
4 tbsp (60 ml) brandy
2/3 cup (150 ml) sour cream
3 oz (90 g) arugula

METHOD:

1. Slice steak into thin strips, trimming excess fat. Lightly crush peppercorns using mortar and pestle and put into large bowl. Toss steak strips with peppercorns.
2. Put pecans in large, dry pan and toast over medium-high heat, tossing regularly, 2-3 minutes. Chop roughly and set aside.
3. Heat 1 tbsp (15 ml) oil with butter in pan and stir-fry onion over medium heat to soften slightly. Add mushrooms and cook over high heat until lightly softened. Add salt to taste.
4. Remove mushrooms and onions from pan and put onto plate. Add remaining oil to pan and stir-fry steak strips over fairly high heat for 2-3 minutes.
5. Add brandy and boil 30 seconds. Return onions and mushrooms to pan and stir in sour cream. Heat until blended. Add arugula and stir until wilted, then sprinkle over pecans and serve immediately.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!

Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES
MARCH 21-APRIL 20
Unexpected changes are likely, so be ready for them and don't hesitate to adapt if the situation requires it.

TAURUS
APRIL 21-MAY 21
This should be a lucky day for you, the kind of day when even the darkest of clouds have a silver lining.

GEMINI
MAY 22-JUNE 21
It is likely that you will clash with someone whose outlook on life is about as different to your own as it is possible to get.

CANCER
JUNE 22-JULY 22
Having a good idea is one thing, making it work is quite another, and no matter how remarkable the thoughts that pass through your head today.

LEO
JULY 23-AUG 23
Your potential may be infinite but you still need to be selective when it comes to your activities.

VIRGO
AUG 24-SEPT 22
Others may look at you and think you are lazy because you are not running around in a frenzy like everyone else.

LIBRA
SEPT 23-OCT 23
Do not — repeat, not — agree to do other people's tasks for them today. Yes, it's nice to be helpful but the planets warn if you against it.

SCORPIO
OCT 24-NOV 22
You know what you want so why are you hesitating? It's because on other occasions when you acted too quickly something bad happened.

SAGITTARIUS
NOV 23-DEC 21
Someone will be offended by your outspoken opinions today but you don't care about that. Jupiter, your ruler, makes you feel like you are protected.

CAPRICORN
DEC 22-JAN 20
With one group pulling you in one direction and another group pulling you in the opposite direction there is a danger you might come apart.

AQUARIUS
JAN 21-FEB 18
Other people will make all sorts of promises but if you expect those promises to be kept you are going to be disappointed.

PISCES
FEB 19-MARCH 20
If something no longer works for you the way it once did then get rid of it, despite any sentimental attachment.

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PRIVILEGES
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Grand Palladium Jamaica Resort & Spa• 4 1/2★
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Junior suite supersaver
Jan. 22 & 29 • 1 wk.
$1199
+Taxes & other fees (including service charges): $271

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